

紧急服务 - 24 小时

警察、消防、急救 .....911

康特拉科斯塔塔危机中心 (Contra Costa Crisis Center) 24 小时热线 ..... 211

区域代码 (925)，除非另有说明

虐待与忽视

|                                                                |                |
|----------------------------------------------------------------|----------------|
| Adult Protective Services (24/7) .....                         | (877) 839-4347 |
| Contra Costa Senior Legal Services (Restraining Orders) .....  | 609-7900       |
| Empowered Aging (For Board & Care/Skilled Nursing Abuse) ..... | 685-2070       |
| Family Justice Center .....                                    | 521-6366       |
| STAND! For Families Free of Violence (24/7) .....              | (888) 215-5555 |

成人日间照护中心

|                                                                                                               |          |
|---------------------------------------------------------------------------------------------------------------|----------|
| Bedford Center Adult Day Health Care ...                                                                      | 778-4171 |
| Caring Haven (at Bedford Center) and Caring Haven (at The Lemon Tree)-service available thru end of 2025..... | 331-0590 |
| St. Anne Village Inc.....                                                                                     | 240-4757 |

阿尔茨海默症/痴呆症

|                                                        |                |
|--------------------------------------------------------|----------------|
| Alzheimer's Association.....                           | (800) 272-3900 |
| UC Davis Alzheimer's Disease Center Walnut Creek ..... | 357-6515       |

照护服务

|                                      |                |
|--------------------------------------|----------------|
| Alzheimer's Association.....         | (800) 272-3900 |
| Choice in Aging.....                 | 682-6330       |
| (Training & Support Groups)          |                |
| Family Caregiver Alliance.....       | (800) 445-8106 |
| Jewish Family & Community Svcs ..... | 927-2000       |
| Pacific Clinics .....                | 602-1750       |
| (Grandparents raising grandchildren) |                |

个案管理

|                                           |                     |
|-------------------------------------------|---------------------|
| Enhanced Care Mgmt.....                   | (877) 661-6230 (#2) |
| (Must be Contra Costa Health Plan Member) |                     |
| Family Caregiver Alliance.....            | (800) 445-8106      |
| Jewish Family & Community Svcs .....      | 927-2000            |
| Multipurpose Senior Svc Program (MSSP)    | 682-6330            |
| Meals on Wheels Diablo Region .....       | 937-8311            |

心理咨询/心理健康/社交互动

|                                                                       |                |
|-----------------------------------------------------------------------|----------------|
| A3 Crisis Response (mental health) ..                                 | (844) 844-5544 |
| Al-Anon.....                                                          | 932-6770       |
| Alcohol/Drug Treatment.....                                           | (800) 846-1652 |
| Alcoholics Anonymous .....                                            | 939-4155       |
| Contra Costa Crisis Center 24/7 .....                                 | 211            |
| Contra Costa Regional Medical Center Psychiatric Emergency 24/7 ..... | 646-2800       |
| Friendly Visitors .....                                               | 937-8311       |
| Friendship Line 24/7.....                                             | (800) 971-0016 |
| Front Porch/Social Call.....                                          | (877) 797-7299 |
| Mental Health Access Line 24/7.....                                   | (888) 678-7277 |
| Nar-Anon .....                                                        | (800) 477-6291 |
| Narcotics Anonymous.....                                              | 685-4357       |
| Older Adult Mental Health .....                                       | (888) 678-7277 |
| Rainbow Comm Center Senior Services                                   | 692-0090       |
| Senior Peer Counseling.....                                           | 521-5640       |
| Suicide and Crisis Lifeline.....                                      | 988            |
| Support Group List .....                                              | (800) 510-2020 |
| Tele-Care (Telephone contact).....                                    | 934-0901       |
| Telephone Reassurance Program.....                                    | 937-8311       |

残疾人

|                                          |          |
|------------------------------------------|----------|
| CA State Department of Rehab.....        | 754-7700 |
| Hearing Loss Assoc. of America .....     | 264-1199 |
| Independent Living Resource.....         | 754-0539 |
| Lions Center for Visually Impaired ..... | 432-3013 |
| Regional Ctr. of the East Bay .....      | 691-2300 |

就业

|                                            |                |
|--------------------------------------------|----------------|
| East Bay Works Career Center .....         | 671-4500       |
| IHSS Public Authority (In-home care) (800) | 333-1081       |
| Senior Employment Program .....            | (510) 336-0144 |

临终问题

|                                                             |                    |
|-------------------------------------------------------------|--------------------|
| An Elderly Wish Foundation .....                            | 978-1883           |
| CCC Burial/Cremation Assistance .....                       | 608-5990           |
| East Bay Conversation Project (Advance care planning) ..... | www.eastbayacp.org |
| Hope Hospice, Inc.....                                      | 829-8770           |
| Hospice of the East Bay & Bruns House                       | 887-5678           |
| Kaiser Hospice .....                                        | 229-7800           |
| Sutter Care at Home.....                                    | 677-4240           |

财务

|                                       |                |
|---------------------------------------|----------------|
| Free Income Tax Preparation.....      | (800) 510-2020 |
| General Assistance .....              | (866) 663-3225 |
| Money Management International. (866) | 331-2227       |
| Social Security.....                  | (800) 772-1213 |

饮食

|                             |                 |
|-----------------------------|-----------------|
| CalFresh (Food Stamps)..... | (866) 663-3225  |
| Online .....                | benefitscal.com |

|                                                                    |                      |
|--------------------------------------------------------------------|----------------------|
| Café Costa (Senior lunch sites, call to reserve 24 hrs in advance) |                      |
| Ambrose Comm. Ctr. (Bay Point) .....                               | 482-8746             |
| Antioch.....                                                       | 779-7074 or 779-7072 |

|                                          |                |
|------------------------------------------|----------------|
| Brentwood (Call between 9am & noon)..... | 516-5398       |
| Oakley Senior Center .....               | (209) 400-1673 |
| Pittsburg.....                           | 439-2136       |
| Food Bank/Senior Food Program .....      | 676-7543       |
| Loaves & Fishes (Meals) .....            | 293-4792       |
| Meals on Wheels.....                     | 937-8607       |

健康服务

|                                                                                                |                 |
|------------------------------------------------------------------------------------------------|-----------------|
| Communicable Diseases .....                                                                    | 313-6740        |
| Contra Costa Health Plan (CCHP).(877)                                                          | 661-6230        |
| Contra Costa Regional Medical Center Main Line.....                                            | 370-5000        |
| Appointments & 24-hour advice ... (800)                                                        | 495-8885        |
| Covered California (Affordable Health Insurance) .....                                         | (800) 300-1506  |
| Flu Shots .....                                                                                | (800) 510-2020  |
| Health Insurance Counseling & Advocacy Program HICAP (Medicare Counseling)(800)                | 510-2020        |
| John Muir Medical Center Brentwood Outpatient Campus .....                                     | 308-8100        |
| Concord Campus .....                                                                           | 682-8200        |
| Walnut Creek Campus .....                                                                      | 939-3000        |
| Kaiser Medical Center Deer Valley Campus - Antioch .....                                       | 813-6500        |
| Delta Fair Outpatient Campus - Antioch                                                         | 779-5000        |
| La Clinica de la Raza Oakley, Pittsburg .....                                                  | 363-2000        |
| Medi-Cal.....                                                                                  | (866) 663-3225  |
| Online .....                                                                                   | benefitscal.com |
| Medi-Cal Health Plan Options Counseling .....                                                  | (800) 430-4263  |
| Medicare.....                                                                                  | (800) 633-4227  |
| Rotacare Free Health Care Clinic (Weds 4 to 7pm only) Call only between 1 & 3 pm Weds for appt | 439-2009        |
| Sutter Delta Medical Center .....                                                              | 779-7200        |

家庭护理与安全

|                                                             |                                  |
|-------------------------------------------------------------|----------------------------------|
| Meals on Wheels Diablo Region Fall Prevention Program ..... | 937-8311                         |
| In-Home Support Services (IHSS) Apply .....                 | (800) 510-2020 or (925) 229-8434 |
| Current clients.....                                        | 608-6080                         |
| Payroll .....                                               | (877) 335-2171                   |
| Public Authority .....                                      | (800) 333-1081                   |
| Personal Emergency Response Systems List .....              | (800) 510-2020                   |
| Private Home Care Agencies List ..                          | (800) 510-2020                   |

住房、房屋修缮与无家可归

|                                                                   |          |
|-------------------------------------------------------------------|----------|
| Antioch Rent Program.....                                         | 779-7017 |
| Assisted Living/Board & Care/Skilled Nursing Empowered Aging..... | 685-2070 |
| Home Match (shared housing) .....                                 | 956-7400 |

|                                                                          |                |
|--------------------------------------------------------------------------|----------------|
| Home Preservation Dept/Habitat for Humanity East Bay Silicon Valley..... | (510) 251-6304 |
| Homeless Hotline .....                                                   | 211            |
| Housing Authority, City of Pittsburg Waiting List/Section 8 .....        | 252-4060       |
| Housing Authority, City of Richmond Waiting List/Section 8 .....         | (510) 621-1300 |
| Housing Authority, Contra Costa.....                                     | 957-8001       |
| Bay Point, Brentwood, Martinez, Oakley (Public Housing).....             | 957-8005       |
| Pittsburg (Public Housing).....                                          | 957-8006       |
| Rodeo (Public Housing).....                                              | 957-8008       |
| San Pablo.....                                                           | 957-8004       |
| Section 8/Waiting List.....                                              | 957-7021       |
| Low Cost Housing List.....                                               | (800) 510-2020 |
| Rotary HOME Team/Lamorinda Village (minor repairs).....                  | (888) 204-5573 |
| Shelter, Inc.....                                                        | 335-0698       |
| Weatherization .....                                                     | 655-2714       |

法律与倡导

|                                                                                 |                   |
|---------------------------------------------------------------------------------|-------------------|
| Advisory Council on Aging.....                                                  | 655-0773          |
| Automotive Complaints.....                                                      | (510) 964-3030    |
| Bay Area Legal Aid (office).....                                                | (510) 233-9954    |
| Advice Line .....                                                               | (800) 551-5554    |
| California Advocates for Nursing Home Reform (CANHR) .....                      | (800) 474-1116    |
| Conservatorship/Guardianship .....                                              | 608-9000          |
| Contra Costa Senior Legal Services .....                                        | 609-7900          |
| Elder/Conflict Resolution .....                                                 | 349-7344          |
| Empowered Aging (For Board & Care/Skilled Nursing Homes) .....                  | 685-2070          |
| Family Justice Center Antioch .....                                             | 281-0970          |
| Hawkins Center (SSI & SSDI Advocacy)(510)                                       | 232-6611          |
| Health Insurance Counseling & Advocacy Program HICAP (Medicare Counseling)(800) | 510-2020          |
| LawHelpCA.....                                                                  | www.lawhelpca.org |
| Lawyer Referral & Info Service .....                                            | 825-5700          |
| Moderate Means Legal Program .....                                              | 677-0234          |
| Pacific Community Services .....                                                | (800) 914-6874    |
| (Housing counseling & tenant/landlord disputes)                                 |                   |

女同性恋/男同性恋/双性恋/跨性别者

|                                     |                |
|-------------------------------------|----------------|
| LGBT National Health Center.....    | (888) 843-4564 |
| Rainbow Comm Center Senior Services | 692-0090       |

娱乐与教育  
AARP Smart Driver.....(877) 846-3299  
www.aarp.org/drive  
Antioch Adult School.....779-7940  
Clubs, Organizations  
& Exercise Program Lists ..... (800) 510-2020  
Liberty Adult School.....634-2565  
Los Medanos College  
Brentwood Campus .....513-1625  
Pittsburg Campus .....439-2181  
Pittsburg Adult School .....473-2400

老年中心和老年村  
Antioch.....779-7074  
Brentwood.....516-5380  
Oakley.....625-7041  
Pittsburg.....252-4890  
Well Connected (Activities, conversation,  
classes, and support over the phone) ..... (877) 797-7299  
Well Connected Espanol.....(877) 400-5867

交通  
BART .....676-2278  
Dial-A-Ride (Paratransit)  
Schedule rides .....754-3060  
General Information .....511  
Mobility Matters (Information & Rides) .....284-6109  
Tri-Delta Dial-A-Ride.....754-3060  
Tri-Delta Transit Route Info .....754-4040

公用事业援助  
CA Alternate Rates for Energy (CARE)  
Assistance for low income residents ..... (866) 743-2273  
Energy Savings Assistance ..... (800) 933-9555  
Low-Income Home Energy Assistance Program  
(LIHEAP).....267-6624  
Medical Baseline Program Relief for Energy  
..... (800) 743-5000  
Relief for Energy Assistance Through Community.  
Help (REACH) ..... (800) 933-9677

退伍军人服务  
Concord Vet Center .....680-4526  
Delta Veterans Group .....222-7596  
Martinez VA Medical Center .....372-2000  
Rides 4 Veterans (Information & Rides).....284-6109  
Rivertown Veterans Thrift Store & Support Center  
.....206-4976  
Swords to Plowshares (Multi-service) (510) 844-7500  
VA Urgent Care .....372-2179

Veterans Crisis Line 24/7 .....(800) 273-8255  
Veterans Service Office .....313-1481  
志愿者机会  
AARP Tax Preparer .... www.aarp.org/taxvolunteer  
CC Volunteer & Emergency Services .... 655-1208  
Friendly Visitors.....937-8311  
Health Insurance Counseling & Advocacy  
Program HICAP (Medicare Counseling)(800) 510-2020  
Meals on Wheels Diablo Region.....937-8311  
Meals on Wheels of West Contra Costa County  
.....(510) 412-0166  
Mobility Matters Drivers.....284-6161  
Senior Peer Counseling .....521-5640

网站  
211 Online Resource ..... www.crisis-center.org  
Benefits ..... www.benefitscheckup.org  
..... www.benefits.gov  
Contra Costa County Employment & Human  
Services Department (Social Services).....www.ehsd.org  
Covered California (Affordable health insurance)  
..... www.coveredca.com  
East County Senior Coalition  
..... www.eastcountyseniors.com  
Legal..... www.cc-courts.org  
..... www.courts.ca.gov  
Medicare . www.cchicap.org or www.medicare.gov  
Section 8 Waiting Lists.....  
www.affordablehousingonline.com/open-section-8-waiting-lists  
Social Security ..... www.ssa.gov



康特拉科斯塔县社区警报系统  
(Community Warning System) 注册

如需通过手机接收紧急警报，请致电  
(925) 655-0111 或访问  
www.cwsalerts.com

本“简易指南”仅列出了康特拉科斯塔县的部分可用资源。如果您在本指南中未找到所需资源，请致电“信息与援助 (Information & Assistance—I&A)”。如有任何错误，请向 I&A 报告。

信息与援助 (Information & Assistance, I&A) 是康特拉科斯塔县老龄事务区域机构的一项计划，隶属于就业与人类服务部 (Employment & Human Services Department)。专业的社会工作者为 60 岁及以上的老年人、残疾成年人和照护人员提供信息、资源推荐和解决问题方面的支持。

所有通话均会保密处理。口译人员服务可提供任何语言的翻译帮助。



工作时间：  
周一至周五，上午 8:00 至下午 5:00

Information & Assistance (I&A)  
400 Ellinwood Way  
Pleasant Hill, CA 94523

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自愿捐款: 可以接受自愿捐款，但任何个人是否捐款的决定都不会影响其获得服务或享受服务的权利。

I&A 的部分资金由以下机构提供 Older American’s Act, Title III



CONTRA COSTA COUNTY  
Information  
& Assistance  
SENIOR & DISABLED HELPLINE

800-510-2020 • 925-229-8434

East  
东县

老年人与成人服务  
简易指南

康特拉科斯塔县内请致电  
(800) 510-2020

康特拉科斯塔县外或手机请致电  
(925) 229-8434

使用电信设备的听力或语言障碍人士，请致电转接服务  
711

infoandassist@ehsd.cccounty.us

www.ehsd.org